

B-PEN Forum:

“Adolescent Anxiety and Depression – What Every Parent Needs to Know”

In Brookline, parents are talking a lot about teen stress, anxiety and depression. Why are kids so stressed? And when should parents worry that a child might be clinically depressed and need help? Did you know that depression often looks like moodiness, irritability, anger, withdrawal, feeling overwhelmed, and 75% of teen depression goes undiagnosed? According to the most recent student health survey, nearly one in four BHS teens reported being depressed (feeling sad and hopeless for more than 2 weeks), and drug and alcohol use are often attempts to self-medicate.



Tuesday, April 2, 2013

7:00-8:30 PM

Roberts Dubbs Auditorium

Brookline High School

115 Greenough St., Brookline, MA

Open to Brookline parents and other adult members of the community

PROGRAM

* “Breaking Free from Depression” a Boston Children’s Hospital presentation that includes a powerful and illuminating film featuring real adolescents talking about depression in their own words.

*Information on how to recognize depression symptoms, understand the contributing factors, and develop healthy coping skills.

*Q&A features a panel of mental health experts and BHS staff, as well as a teen from the film and her mother sharing their stories.



National Public Health Week
April 1-7, 2013 • www.nphw.org

B-PEN Brookline PARENT EDUCATION NETWORK
informed • involved • connected

For further information and to register: www.teenstress.eventbrite.com